



**FROM NO EXPERIENCE NECESSARY OR WANTING TO FINE TUNE  
YOUR SAILING SKILLS  
WE HAVE YOU COVERED!!**

**EXPECT TO HAVE FUN AT SEA WITH SEA GALS 2023!!**

Long Beach Sail Foundation (LBSF) invites all women interested in a unique sailing experience to participate in its "Sea Gals" sailing program onboard the Catalina 37 fleet.

Sea Gals events are structured to provide sailing opportunities for every level of sailing from beginner/novice - introduction to sailing, or intermediate/advance - spinnaker trim/foredeck instructions.

Sea Gals offers a unique women's sailing experience coached "by women for women" in a non-competitive environment.

Each event includes classroom and dockside instructions, with time on the water to explore what you learned. The interactive coaches provide safe and proper boat handling techniques, and offer personalized sail trim demonstrations. Every event is a fun, hands-on sailing experience! These sailing events are designed to introduce you to sailing, sharpen skills and boost your confidence both on and off the water.

**BEGINNER/NOVICE SAILORS – JIB AND MAIN SAILS ONLY**

**Beginner** – No experience necessary. If you just want to come onboard and enjoy a sail around Long Beach Harbor, this is okay too. You are welcome to participate as much or as little as you are comfortable with. Must be able to handle stairs (up & down).

**Novice** – You have been sailing a few times and are excited to learn more. Develop an understanding of nautical terminology, learn knots, straightforward boat rigging and try your hand at basic sail trim (jib and main).

**INTERMEDIATE/ADVANCE SAILORS – JIB, MAIN AND SPINNAKER SAILS**

**Intermediate** – You must have some hands-on experience in sailing. You have a good understanding of nautical terms, can tie basic knots, willing to learn to rig a race boat and can follow sail-handling instructions. You are excited to learn more and may have some spinnaker experience and/or exposure.

**Advance** – You are skilled in competing in sailboat races. You are knowledgeable of nautical terms, proficient in knot tying, can rig a spinnaker boat. You want to fine tune your boat and sail handling skills.

**DOCK PARTY**

The post-sailing Dock Party provides a time to debrief and an opportunity to network with other women in the sailing community.

**OPEN TO ALL WOMEN (18 & UP)**

Dates: (1) Sunday, July 30, 2023  
Reserve your spot no later than July 23rd  
(2) Sunday, August 27, 2023  
Reserve your spot no later than August 20th

Location: Long Beach Yacht Club, 6201 E. Appian Way, Long Beach, CA  
Meeting Room: Regatta Room  
Time: 12 NOON – 4PM (back on dock around 3:00/Dock Party following)  
Equipment: Light jacket, hat, sunglasses, sunblock, shoes with soft soles, refillable water bottle, sailing gloves, small tote for these and other personal items together  
Costs: \$50

Who is interested?

More Information Reserve your spot today!

Email: [SeaGals.Sailing@gmail.com](mailto:SeaGals.Sailing@gmail.com)

Online: [Long Beach Sailing Foundation](http://LongBeachSailingFoundation.com) | [Sea Gals \(lbsailingfoundation.org\)](http://SeaGals.org)